

# Monday

# OCTOBER

  

## TUESDAY

  

## Wednesday

  

## Thursday

# FRIDAY

All students will be offered 5 components at lunch: meat/protein, bread/grain, fruit, vegetables, and milk. Students must select a ½ cup serving of fruit or vegetable and two other components for lunch. Students may take all 5 components.

**Yogurt & Graham Crackers Offered Daily** (Entrée Alternative)  
**Fruit Variety Served Daily**  
**1% white milk or Non-fat Chocolate milk offered daily.**

**1**  
**Turkey & Cheese Grinders**  
Romaine Salad  
Sliced Cucumbers  
Sandwich Spread  
Ranch Dressing

**2**  
**Green Chicken Pozole w/Tortilla Chips**  
Shredded Cabbage  
Lemon Wedges

**3**  
**Mac & Cheese w/Roll**  
Romaine Salad  
Grape Tomatoes  
Ranch Dressing

**6**  
**Fish Tacos**  
Shredded Cabbage  
Carrot Sticks  
Ranch Dressing  
Salsa

**7**  
**Chicken Sandwich**  
Romaine Salad  
Cauliflower  
Ranch Dressing  
Catsup

**8**  
**BBQ Cheeseburger**  
Romaine Salad  
Celery Sticks  
Ranch Dressing

**9**  
**Turkey Combo Burritos**  
Romaine Salad  
Ranch Dressing  
Verde Rebelde Salsa

**10**  
**3-Bean Deluxe Nachos w/Cheese**  
Romaine Salad  
Grape Tomatoes  
Ranch Dressing  
Salsa

**13**  
**NO SCHOOL**

**14**  
**Primavera Penne w/Meatballs**  
Romaine Salad  
Carrot Sticks  
Ranch Dressing

**15**  
**Chicken Shawarma w/Pita Bread**  
Romaine Salad  
Ranch Dressing  
National Shawarma Day!

**16**  
**Lola's Chicken Adobo w/Steamed Rice**  
Romaine Salad  
Broccoli  
Ranch Dressing

**17**  
**Beef Picadillo w/Tortilla Chips**  
Seasoned Pinto Beans  
Romaine Salad  
Ranch Dressing

## National School Lunch Week: "Taste the World, Your School Lunch Passport!"

**20**  
**Walking Turkey Tacos**  
Shredded Lettuce  
Grape Tomatoes  
Ranch Dressing  
Salsa

**21**  
**Orange Chicken w/Chow Mein**  
Romaine Salad  
Fresh Broccoli  
Ranch Dressing

**22**  
**Beef Enchilada Casserole**  
Romaine Salad  
Green Beans  
Ranch Dressing

**23**  
**Pepperoni Pizza**  
Romaine Salad  
Jicama Sticks  
Ranch Dressing

**24**  
**Cheesy Quesadillas**  
Seasoned Pinto Beans  
Carrot Sticks  
Ranch Dressing  
Salsa

**27**  
**Teriyaki Beef Dippers w/Rice**  
Romaine Salad  
Fresh Broccoli  
Ranch Dressing

**28**  
**Chicken Corn Dogs**  
Seasoned Black Beans  
Carrot Sticks  
Ranch Dressing  
Catsup  
Mustard

**29**  
**Beef Enchilada Casserole**  
Romaine Salad  
Sliced Cucumbers  
Ranch Dressing

**30**  
**Beef Enchilada Casserole**  
Romaine Salad  
Sliced Cucumbers  
Ranch Dressing

**31**  
**Bat Shaped Chicken Nuggets**  
Romaine Salad  
Grape Tomatoes  
Ranch Dressing

